



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 14010, Alcoholic beverage, daiquiri, prepared-from-recipe**

**Report Date: May 24, 2017 00:24 EDT**

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.2g	1 cocktail (2 fl oz) 60g
<b>Proximates</b>						
Water	g	69.74	--	--	21.06	41.84
Energy	kcal	186	--	--	56	112
Energy	kJ	777	--	--	235	466
Protein	g	0.06	--	--	0.02	0.04
Total lipid (fat)	g	0.06	--	--	0.02	0.04
Ash	g	0.08	--	--	0.02	0.05
Carbohydrate, by difference	g	6.94	--	--	2.10	4.16
Fiber, total dietary	g	0.1	--	--	0.0	0.1
Sugars, total	g	5.58	--	--	1.69	3.35
<b>Minerals</b>						
Calcium, Ca	mg	3	--	--	1	2
Iron, Fe	mg	0.09	--	--	0.03	0.05
Magnesium, Mg	mg	2	--	--	1	1
Phosphorus, P	mg	5	--	--	2	3
Potassium, K	mg	21	--	--	6	13
Sodium, Na	mg	5	--	--	2	3
Zinc, Zn	mg	0.04	--	--	0.01	0.02
Copper, Cu	mg	0.022	--	--	0.007	0.013
Manganese, Mn	mg	0.015	--	--	0.005	0.009
Selenium, Se	µg	0.1	--	--	0.0	0.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.6	--	--	0.5	1.0
Thiamin	mg	0.013	--	--	0.004	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.2g	1 cocktail (2 fl oz) 60g
Riboflavin	mg	0.005	--	--	0.002	0.003
Niacin	mg	0.051	--	--	0.015	0.031
Pantothenic acid	mg	0.017	--	--	0.005	0.010
Vitamin B-6	mg	0.008	--	--	0.002	0.005
Folate, total	µg	2	--	--	1	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	1	1
Folate, DFE	µg	2	--	--	1	1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	2	--	--	1	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	4	--	--	1	2
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.01	0.02
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.1
<b>Lipids</b>						
Fatty acids, total saturated	g	0.006	--	--	0.002	0.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.006	--	--	0.002	0.004
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.006	--	--	0.002	0.004
16:1 undifferentiated	g	0.001	--	--	0.000	0.001
18:1 undifferentiated	g	0.005	--	--	0.002	0.003
20:1	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 30.2g	1 cocktail (2 fl oz) 60g
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.016	--	--	0.005	0.010
18:2 undifferentiated	g	0.011	--	--	0.003	0.007
18:3 undifferentiated	g	0.006	--	--	0.002	0.004
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	23.1	--	--	7.0	13.9
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0